

Title: Tanakhu / in
Allah 7/10/23

Bismillahirrahmaan
irrahheem

Text / Math

1. Alhamdulillah
I've eaten well
today
2. If you trust in Allah
fully, you'd go out
of your house, belly
empty, and come
back belly full,
just like the birds
go out in the morning
hungry and come
back full.
3. For me this includes
the feeding, not only
of the body, but
also the feeding of
the mind, spirit, emotions
and every part of
my existence